Family Water Safety Pledge

A pledge for kids and grown-ups to read, tick and sign together: ask first, swim with a grown-up watching, wear life jackets, and get help without going in.

Letter page · For kids, parents, caregivers, teachers

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Drowning happens in seconds and is often silent (CDC). Read these promises out loud together, tick each one, and sign.

Kids promise

- [ ] I will ask a grown-up before I go near any water.
- [ ] I will swim only when a grown-up is watching, and always with a buddy.
- [ ] I will wear a life jacket on boats and whenever a grown-up says so, and go into water feet first.
- [ ] If someone is in trouble, I will shout for a grown-up and not go in.

Grown-ups promise

- [ ] I will be a Water Watcher: eyes on the water, phone away.
- [ ] I will stay within arm's reach of little ones and new swimmers.
- [ ] I will help everyone in our family learn to swim, and I will learn CPR.

Kids: _____

Grown-ups: _____ **Date:** _____

What you can do today: sign it, post it, and read how to talk to kids about water safety.

Sources

1. Swimming Safety, American Red Cross. https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/swim-safety.html
2. Water Safety, American Red Cross. https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html
3. Swimming Safely in Lakes, Rivers & Streams, American Red Cross. https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/lake-river-safety.html
4. Preventing Drowning, CDC. https://www.cdc.gov/drowning/prevention/index.html

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